



Anti-Bullying Strategies

Bullying is defined as repeated, aggressive behavior intended to harm others, physically, mentally, socially and/or emotionally. Below are the four main types of bullying and how we teach families to address them.

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting, kicking, pinching, spitting, tripping, pushing
- Taking or breaking someone's things
- Making mean or rude physical gestures

Verbal bullying involves saying or writing mean things. Verbal bullying includes:

- Teasing, name-calling, inappropriate comments
- Threatening to cause harm

To address both physical and verbal bullying, we teach students to **be safe, use their voice and get help**. To ensure our students are not in danger, they are taught to leave the situation or take a pacifying defensive posture with their hands up and their palms forward. The next step would be for the students to speak up clearly to the individual instigating the bullying behavior and tell them what they are doing is not okay. Finally, the students should seek out proper support figures like parents, teachers, coaches or counselors to get assistance with the situation.

Social bullying involves damaging someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Spreading rumors
- Embarrassing someone in public

Cyber bullying involves aggression online through social media, games or other means. Cyber bullying includes:

- Threatening or harassing electronic communications
- Exclusion or spreading rumors online
- Property damage resulting from electronic attacks that lead to the modification, dissemination, damage, or destruction of privately stored electronic information

Solutions to social and cyber bullying are not simple. They require the involvement of the entire community to create a **culture of respect**. Studies have shown that **bystanders** who intervene can make a huge difference in these scenarios. This is why we encourage all of our students and families to take the [Upstander Pledge](#) provided by the Tyler Clementi Foundation. The TCF is a non-profit group that provides anti-bullying resources across the country and we are proud to be a partner in their mission.

Bullying is a pervasive issue that can affect both children and adults. If we can empower ourselves with education, compassion and respect, we can address and prevent these conflicts in our communities.